

# Long Haul

拍數: 24      牆數: 2      級數: High Beginner  
編舞者: Hana Iwai (JP) - February 2024  
音樂: A Little Less Conversation - Elvis Presley



Intro: 16 counts Start on vocals

## [1-8] Heel Swivel Combination

&1&2      Swivel R heel in, Return R heel out, Swivel L heel in, Return L heel out  
&3&4      Swivel R heel in, Swivel R heel out, Swivel R heel in, Return R heel out  
&5&6      Swivel L heel in, Return L heel out, Swivel R heel in, Return R heel out  
&7-8      Swivel R heel in, Return R heel out, Jump in with feet together

## [9-16] Jump Out Forward, Step, ¼ Sailor Turn, Jump Out Forward, Step, ¼ Sailor Turn

1-2      Jump on both feet forward (stomping), Step R back  
3&4      Cross L behind right, Step R beside left, ¼ Turn left with Step L forward (9:00)  
5-6      Jump on both feet forward (stomping), Step R back  
7&8      Cross L behind right, Step R beside left, ¼ Turn left with Step L forward (6:00)

## [17-24] Rock, Rock, Fook, Flick, Stomp, Toe Split, Heel Split, Back To Center, Scuff, Out, Out

1&2&      Rock R heel forward, Recover L, Rock R heel side, Recover L  
3&4      Fook R behind left with Slap L hand, Flick R to right with Slap R hand, Stomp R beside left  
5&6&      Swivel both toes out, Swivel both heels out, Swivel both toes back in, Swivel both heels to center  
7&8      Scuff R beside L, Step R diagonal forward, Step L to left side (feet shoulder width apart) (6:00)

Bridge: On wall 5 dance up to count 16 facing 6:00 then repeat count 9 - 16, continue with count 17 and the rest of the dance as normal.

## Alternative music choices

Beer With My Friends - Kenny Chesney & Old Dominion  
No Tags or Restarts!